Statistics Report 09110, Goji berries, dried

Report Date: June 30, 2017 06:34 EDT

Nutrient values and weights are for edible portion.

Nutrient Proximates	Unit	Value Per100 g	Data Points Std. E	Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Water	g	7.50									Calculated or imputed	09030	12/2014
Energy	kcal	349									Calculated from nutrient label by NDL		12/2014
Energy	kJ	1461								-	Calculated from nutrient label by NDL		12/2014
Protein	g	14.26									Calculated from nutrient label by NDL		12/2014
Total lipid (fat)	g	0.39									Calculated from nutrient label by NDL		12/2014
Ash	g	0.78									Calculated or imputed		12/2014
Carbohydrate, by difference	g	77.06		-	-					-	Calculated from nutrient label by NDL		12/2014

Nutrient	Unit	Value Per100 g	Data Points	d. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary	g	13.0									Calculated from nutrient label by NDL		12/2014
Sugars, total	g	45.61			-	-		-		-	Calculated from nutrient label by NDL		12/2014
Minerals													
Calcium, Ca	mg	190									Calculated from nutrient label by NDL		12/2014
Iron, Fe	mg	6.80									Calculated from nutrient label by NDL		12/2014
Sodium, Na	mg	298				-		-		-	Calculated from nutrient label by NDL		12/2014
Vitamins													
Vitamin C, total ascorbic acid	mg	48.4									Calculated from nutrient label by NDL		12/2014
Vitamin A, IU	IU	26822									Calculated from nutrient label by NDL		12/2014

Lipids

Nutrient	Unit	Value Per100 g	Data Points	d. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.000									Calculated from nutrient label by NDL		12/2014
Fatty acids, total trans	g	0.000									Calculated from nutrient label by NDL		12/2014
Cholesterol	mg	0									Calculated from nutrient label by NDL		12/2014
Amino Acids													
Threonine 1	g	0.358									Calculated from nutrient label by NDL		12/2014
Isoleucine 1	g	0.261									Calculated from nutrient label by NDL		12/2014
Leucine <u>1</u>	g	0.456		-	-			-			Calculated from nutrient label by NDL		12/2014
Lysine 1	g	0.233									Calculated from nutrient label by NDL		12/2014
Methionine ¹ / ₋	g	0.087									Calculated from nutrient label by NDL		12/2014

Nutrient	Unit	Value Per100 g	Data Points Std	. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine ¹	g	0.144									Calculated from nutrient label by NDL		12/2014
Phenylalanine 1	g	0.271									Calculated from nutrient label by NDL		12/2014
Tyrosine ¹	g	0.222									Calculated from nutrient label by NDL		12/2014
Valine 1	g	0.316						-			Calculated from nutrient label by NDL		12/2014
Arginine 1	g	0.722									Calculated from nutrient label by NDL		12/2014
Histidine ¹	g	0.157									Calculated from nutrient label by NDL		12/2014
Alanine 1	g	0.698									Calculated from nutrient label by NDL		12/2014
Aspartic acid $\frac{1}{2}$	g	1.711									Calculated from nutrient label by NDL		12/2014

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Nutrient	Unit	Value Per100 g	Data Points Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid ½	g	1.431								Calculated from nutrient label by NDL		12/2014
Glycine 1	g	0.304								Calculated from nutrient label by NDL		12/2014
Proline 1/2	g	1.000								Calculated from nutrient label by NDL		12/2014
Serine 1	g	0.498								Calculated from nutrient label by NDL		12/2014

Sources of Data

 $^{^1\!}AZChia$ Amino acid analysis of goji berries, 2012